

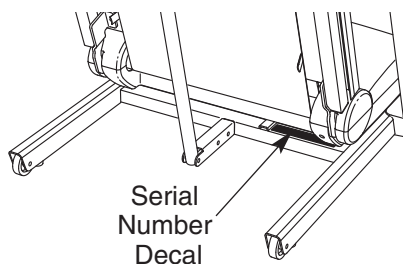
# PRO-FORM®

## 665 E

Model No. PFTL56507.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

**IMPORTANT:** You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

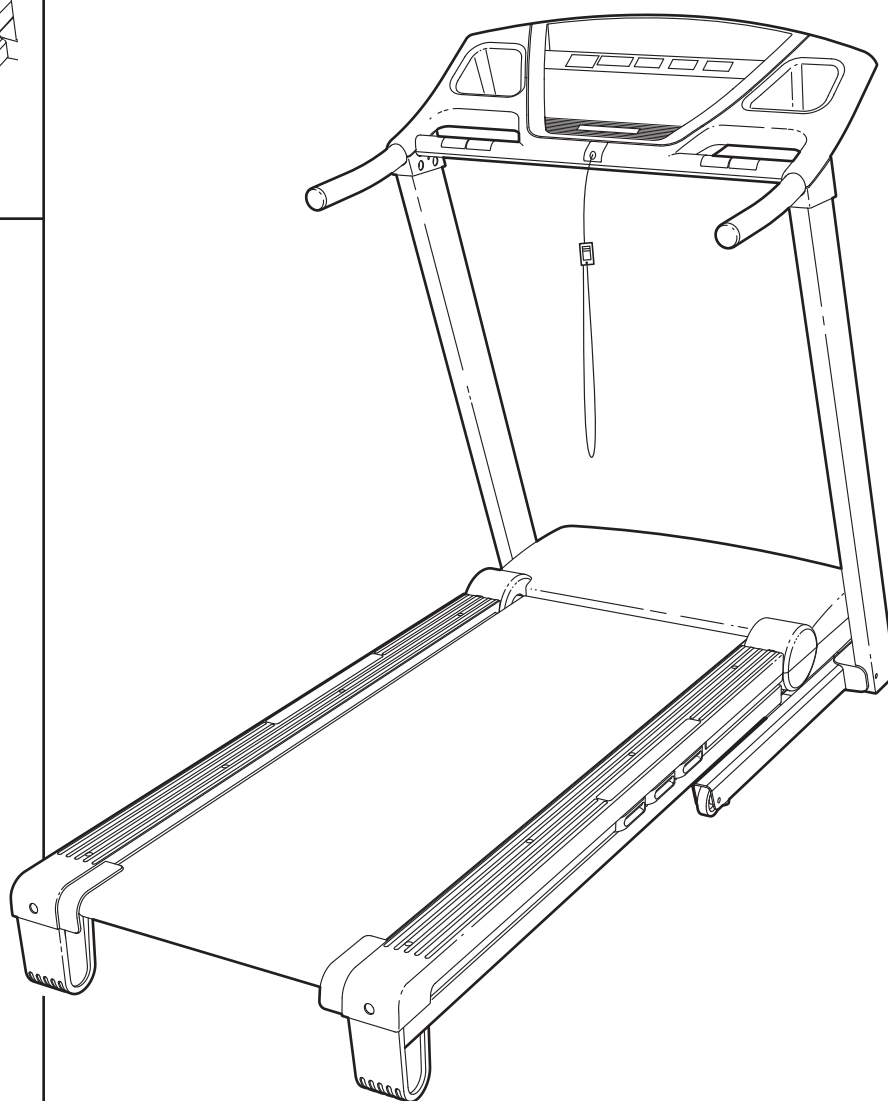
**1-888-533-1333**

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

[www.proformservice.com](http://www.proformservice.com)



### CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

**[www.proform.com](http://www.proform.com)**

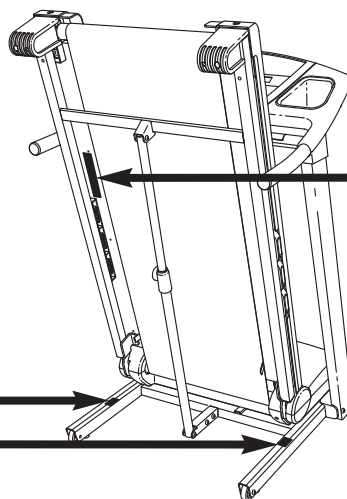
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fitness tips, and much more!


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## WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.**  
Note: The decals may not be shown at actual size.




**WARNING:**  
Protect yourself and others from risk of serious injury. Read the user's manual and :  



- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.



- Never allow children on or around treadmill.
- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.



- Always wear athletic shoes while operating treadmill.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 13), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 21 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 19.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. When folding or moving the treadmill, make sure that the storage latch is locked in the storage position.
23. Never insert any object into any opening on the treadmill.
24. Inspect and properly tighten all parts of the treadmill regularly.
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

**SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

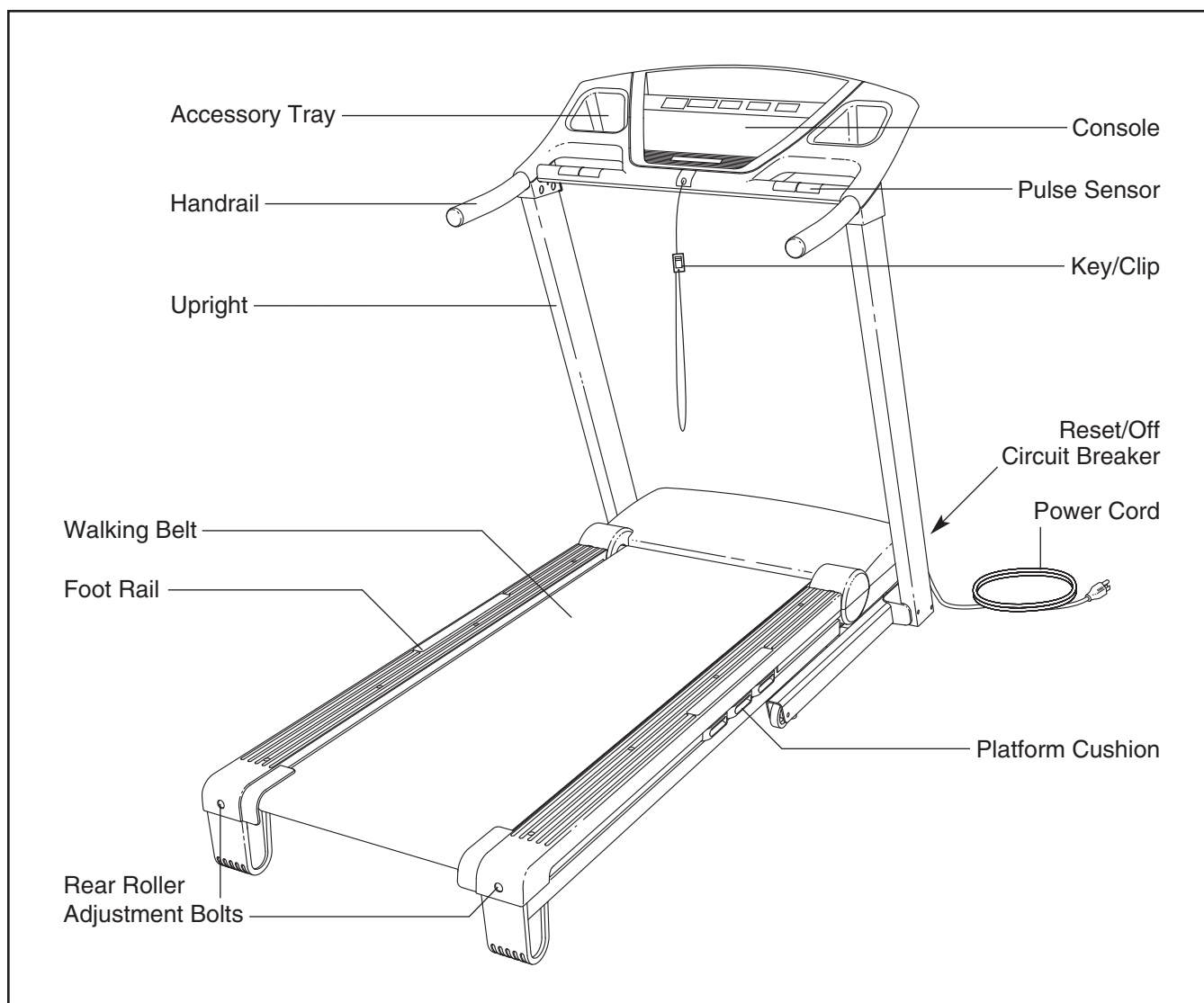
Thank you for selecting the revolutionary PROFORM® 665 E. The 665 E offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique 665 E can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model

number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

**To avoid a registration fee for any service needed under warranty, you must register the treadmill at [www.proformservice.com/registration](http://www.proformservice.com/registration).**





Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



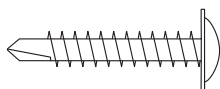
# ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480.

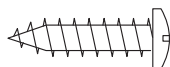
**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

**Assembly requires the included hex keys  and your own Phillips screwdriver  , adjustable wrench  , and needlenose pliers  .**

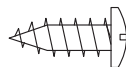
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**



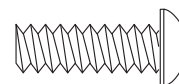
1" Tek Screw (2)–4



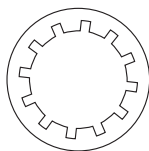
3/4" Screw (12)–4



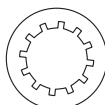
1/2" Screw (1)–4



1/4" x 3/4" Bolt (5)–2



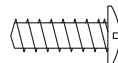
3/8" Star Washer (9)–4



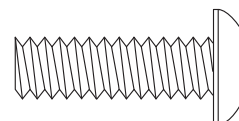
5/16" Star Washer (10)–6



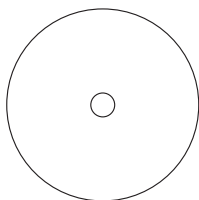
1/4" Star Washer (14)–2



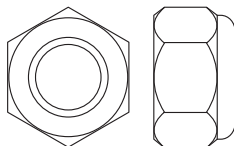
#8 x 1/2" Ground Screw (87)–1



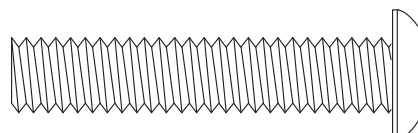
5/16" x 1" Bolt (7)–6



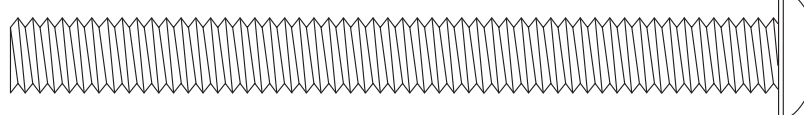
Base Pad Spacer (13)–2



3/8" Nut (8)–3



3/8" x 2" Bolt (4)–3



3/8" x 4" Bolt (6)–4

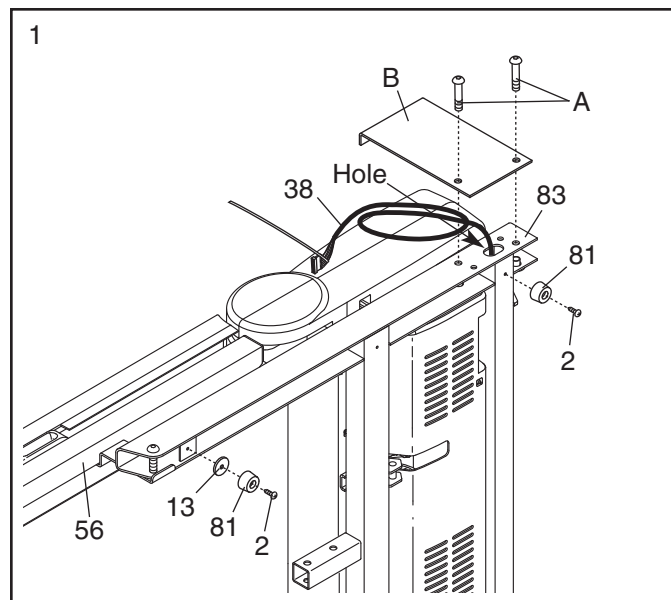
1. **Make sure that the power cord is unplugged.**

With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (56) so that the treadmill is more stable; **do not fully fold the Frame yet.**

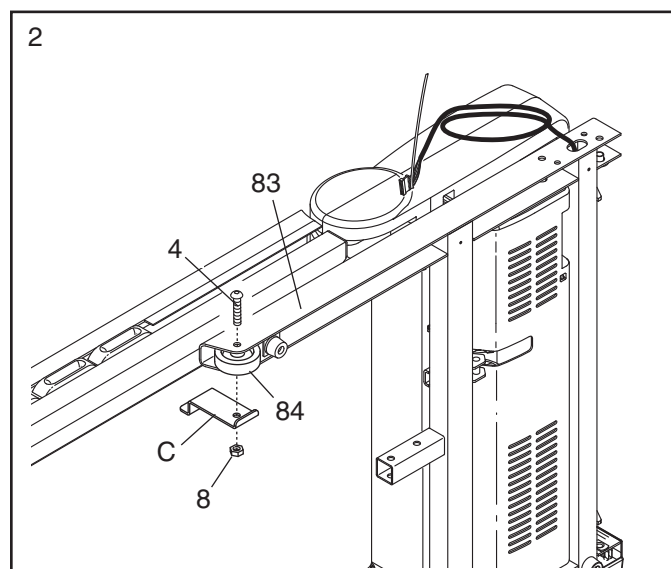
Remove and discard the two indicated bolts (A) and the shipping bracket (B).

Cut the tie securing the Upright Wire (38) to the Base (83). Locate the tie in the indicated hole in the Base, and use the tie to pull the Upright Wire out of the hole.

Attach a Base Pad (81) to the Base (83) in the location shown with a Base Pad Spacer (13) and a 1" Tek Screw (2). Then, attach another Base Pad (81) with only a 1" Tek Screw (2).

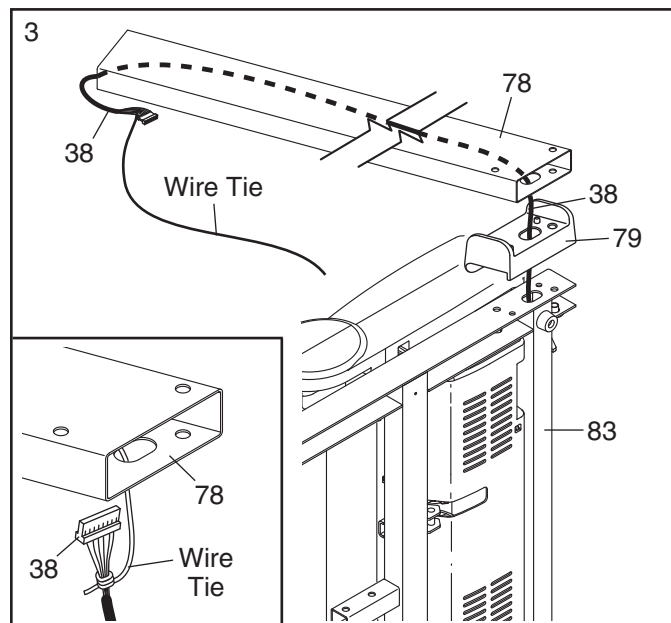


2. Remove the 3/8" Nut (8), the 3/8" x 2" Bolt (4), and the shipping bracket (C) from the Base (83). Attach a Wheel (84) with the Bolt and the Nut that you just removed. **Do not overtighten the Nut; the Wheel must turn freely.** Discard the shipping bracket.



3. Identify the Right Upright (78) and the Right Upright Spacer (79), which are marked with stickers. Insert the Upright Wire (38) through the Right Upright Spacer as shown.

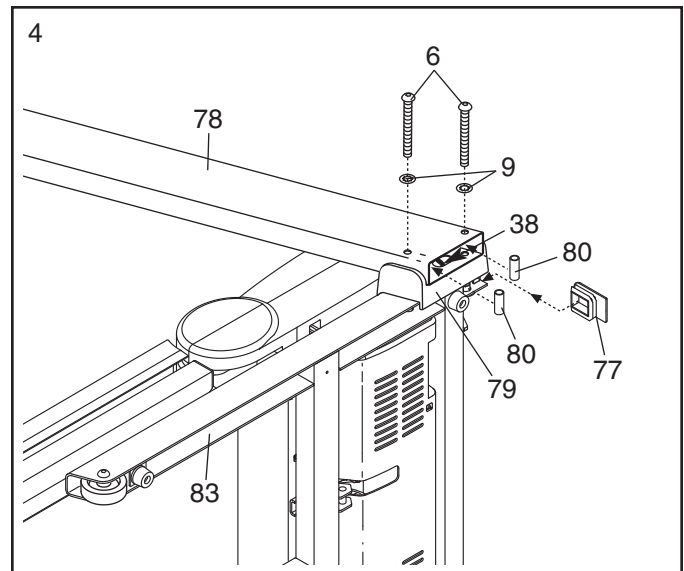
**See the inset drawing.** Tie the wire tie in the Right Upright (78) securely around the end of the Upright Wire (38). With the help of a second person, hold the Right Upright near the Base (83). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Right Upright.



4. Hold a Bolt Spacer (80) inside the lower end of the Right Upright (78). Insert a 3/8" x 4" Bolt (6) with a 3/8" Star Washer (9) into the Right Upright and the Bolt Spacer. Repeat this step with a second Bolt Spacer (80), 3/8" x 4" Bolt (6), and 3/8" Star Washer (9).

Hold the Right Upright Spacer (79) and the Right Upright (78) against the Base (83). **Be careful not to pinch the Upright Wire (38).** Tighten the 3/8" x 4" Bolts (6) with your fingers; **do not fully tighten the Bolts yet.**

Press a Base Endcap (77) into the Base (83).

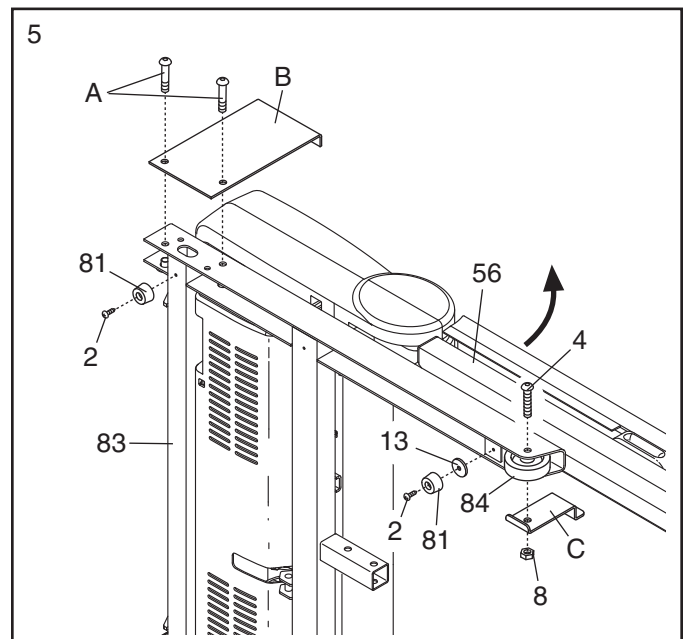


5. With the help of a second person, carefully tip the treadmill onto its right side. Partially fold the Frame (56) so the treadmill is more stable; **do not fully fold the Frame yet.**

Remove and discard the two indicated bolts (A) and the shipping bracket (B).

Attach a Base Pad (81) to the Base (83) in the location shown with a 1" Tek Screw (2) and a Base Pad Spacer (13). Then, attach another Base Pad (81) with only a 1" Tek Screw (2).

Remove the 3/8" Nut (8), the 3/8" x 2" Bolt (4), and the shipping bracket (C) from the Base (83). Attach a Wheel (84) with the Bolt and the Nut that you just removed. **Do not overtighten the Nut; the Wheel must turn freely.** Discard the shipping bracket.

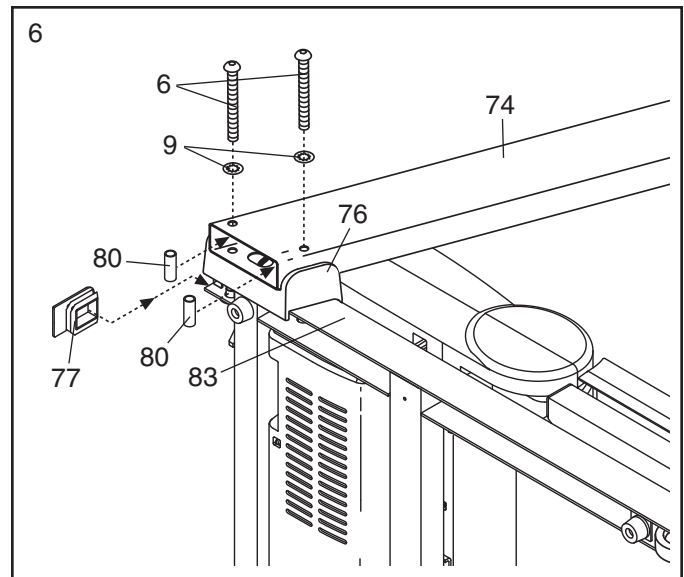


6. With the help of a second person, hold a Bolt Spacer (80) inside the lower end of the Left Upright (74). Insert a 3/8" x 4" Bolt (6) with a 3/8" Star Washer (9) into the Left Upright and the Bolt Spacer. Repeat this step with a second Bolt Spacer (80), 3/8" x 4" Bolt (6), and 3/8" Star Washer (9).

Orient the Left Upright (74) and the Left Upright Spacer (76) as shown. Hold the Left Upright Spacer and the Left Upright against the Base (83). Tighten the two 3/8" x 4" Bolts (6) with your fingers; **do not fully tighten the Bolts yet.**

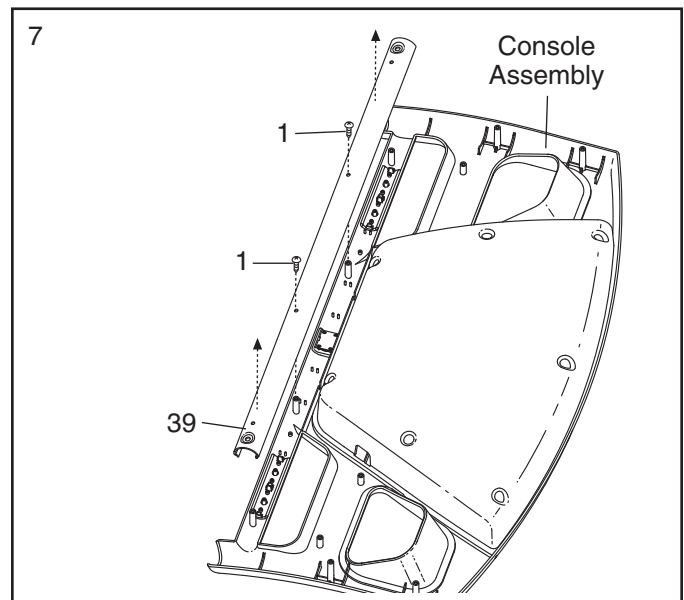
Press a Base Endcap (77) into the Base (83).

With the help of a second person, tip the treadmill so that the Base (83) is flat on the floor.



7. Set the console assembly face down on a soft surface to avoid scratching the console assembly.

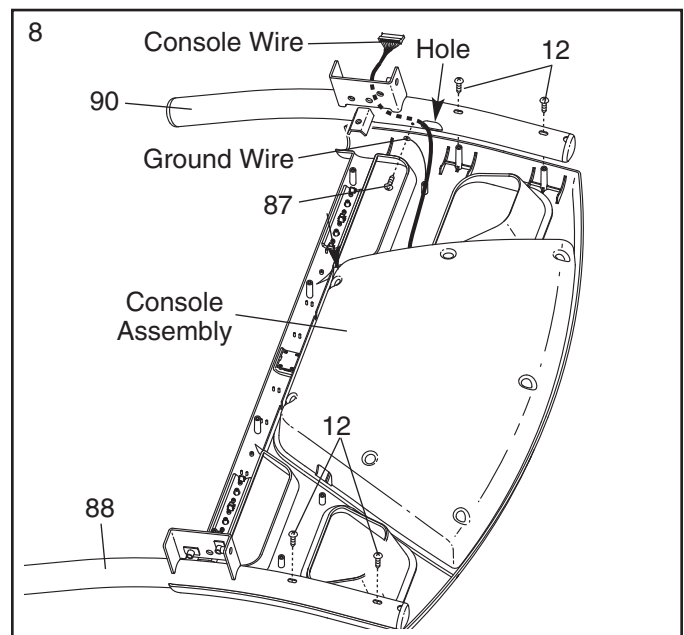
Remove the two 1/2" Screws (1) from the Crossbar (39), and then remove the Crossbar. **Save the two Screws and the Crossbar for step 9.**



8. Identify the Right Handrail (90), which has a large hole in the location shown. Hold the Right Handrail near the console assembly. Attach the console ground wire to the Right Handrail with a #8 x 1/2" Ground Screw (87).

Insert the end of the console wire into the large hole in the Right Handrail (90) and out of the top as shown; use needlenose pliers if necessary. Attach the Right Handrail with two 3/4" Screws (12). **Make sure that no wires are pinched. Start both Screws but do not tighten them yet.**

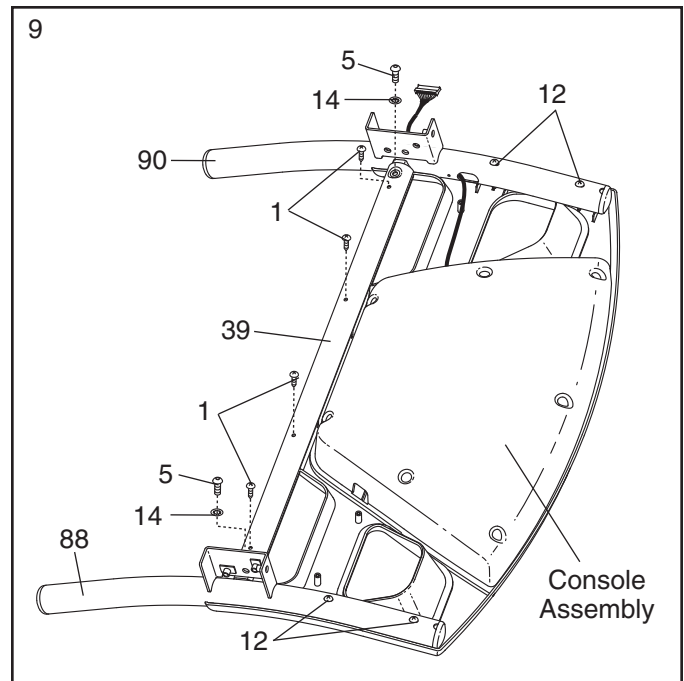
Attach the Left Handrail (88) to the console assembly with two 3/4" Screws (12). **Start both Screws but do not tighten them yet.**



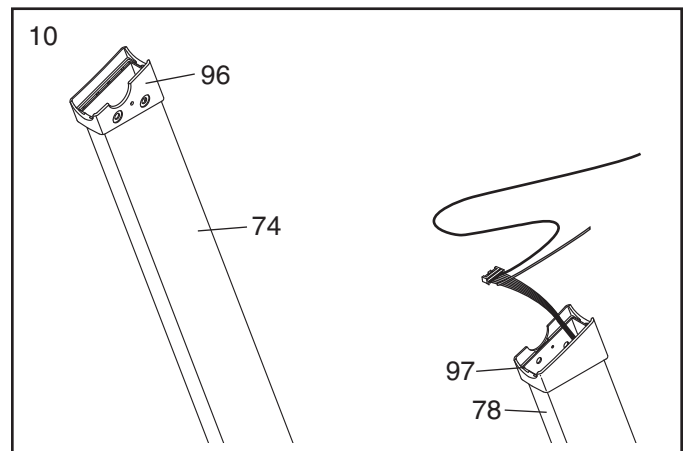
9. Set the Crossbar (39) on the console assembly. Tighten two 1/4" x 3/4" Bolts (5) with two 1/4" Star Washers (14) into the Crossbar. **Start both Bolts but do not tighten them yet.**

Tighten four 1/2" Screws (1) into the Crossbar (39). **Start all four Screws before tightening any of them.**

Tighten the two 1/4" x 3/4" Bolts (5) and the four 3/4" Screws (12) in the Right and Left Handrails (90, 88).

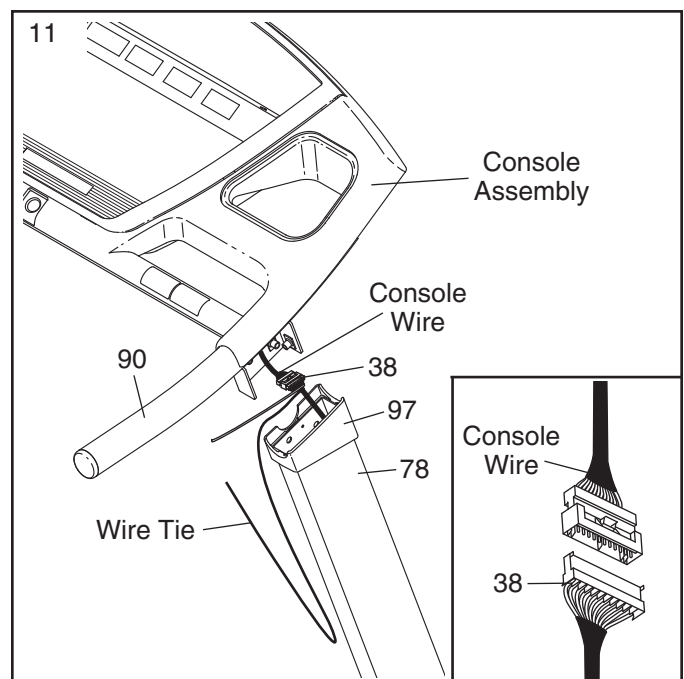


10. Slide the Left Handrail Spacer (96) and the Right Handrail Spacer (97) onto the top of the Left Upright (74) and Right Upright (78).



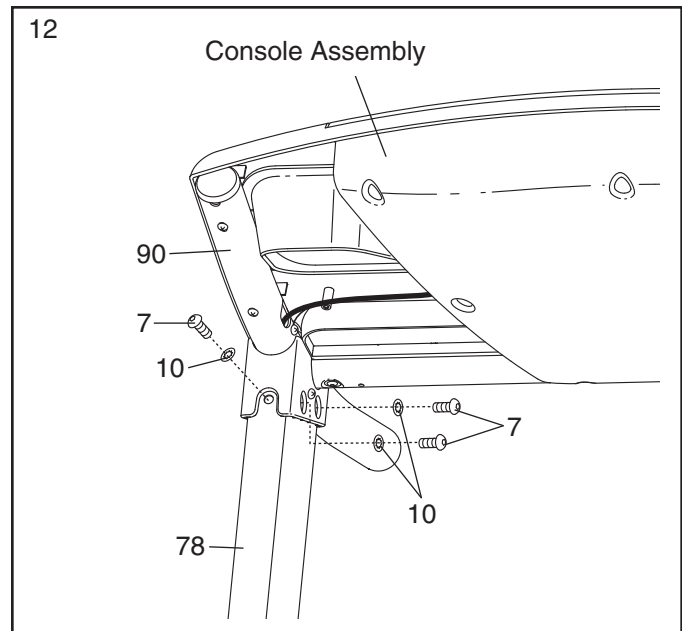
11. Have a second person hold the console assembly near the Right Upright (78) and Left Upright (not shown). Connect the Upright Wire (38) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place. If they do not, turn one connector and try again. IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN YOU TURN ON THE POWER.** Remove the wire tie from the Upright Wire. Insert the connectors and the excess wire into the Right Handrail (90).

Set the console assembly on the Right Handrail Spacer (97) and Left Handrail Spacer (not shown). **Be careful not to pinch the wires.**



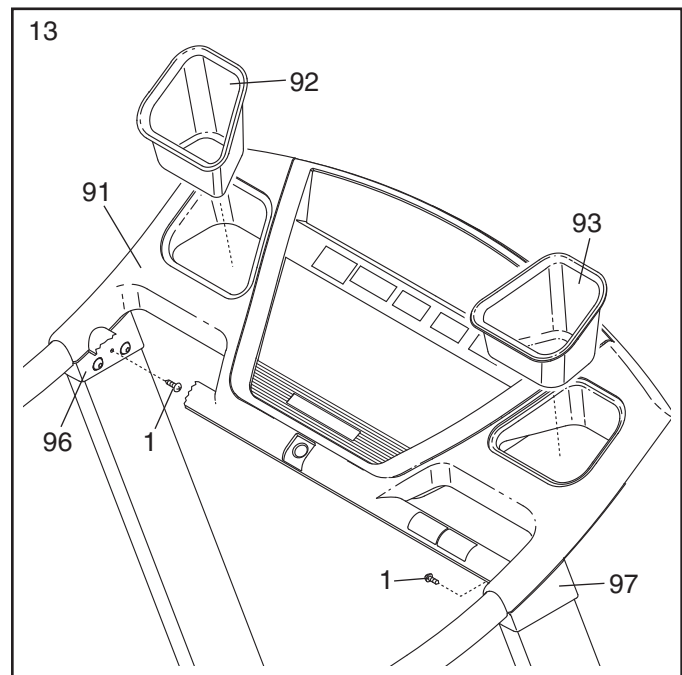
12. Attach the Right Handrail (90) to the Right Upright (78) with three 5/16" x 1" Bolts (7) and three 5/16" Star Washers (10). Repeat on the left side (not shown). **Start all six Bolts before tightening them.**

See steps 4 and 6. Tighten the 3/8" x 4" Bolts (6).

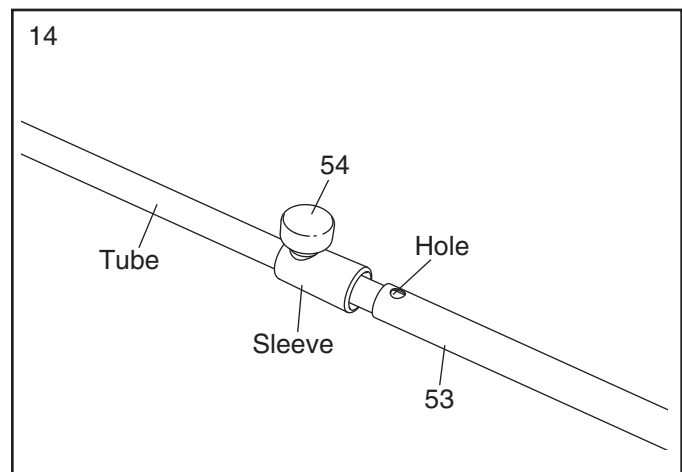


13. If necessary, press the Left Tray (92) and the Right Tray (93) into the Console Back (91).

Tighten a 1/2" Screw (1) into the Left Handrail Spacer (96) and Right Handrail Spacer (97).



14. Identify the Storage Latch (53). Remove the tie from the end of the tube. Make sure that the sleeve has been slid over the indicated hole and that the Latch Knob (54) is locked into the hole. **Pull on the sleeve to make sure that it is locked into place.**



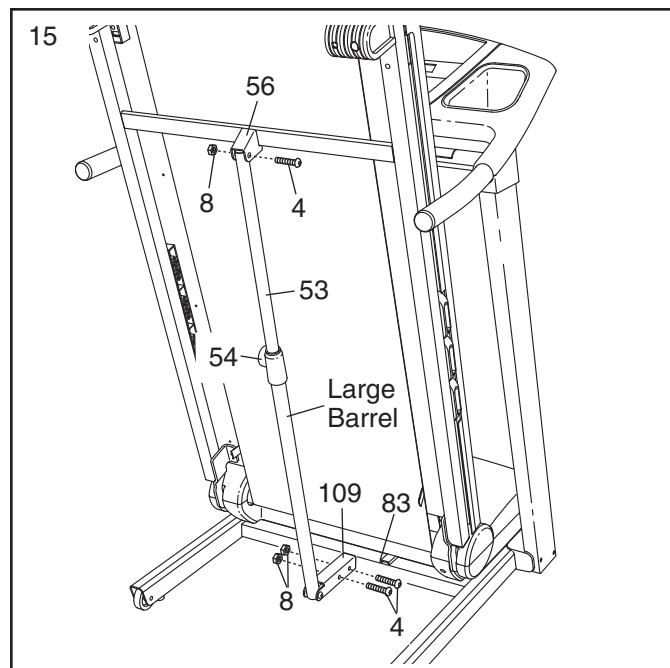
15. Raise the Frame (56) to the position shown. **Have a second person hold the Frame until this step is completed.**

Orient the Storage Latch (53) so that the large barrel and the Latch Knob (54) are oriented as shown.

Attach the Latch Bracket (109) and Storage Latch (53) to the Base (83) with two 3/8" x 2" Bolts (4) and two 3/8" Nuts (8).

Attach the upper end of the Storage Latch (53) to the bracket on the Frame (56) with a 3/8" x 2" Bolt (4) and a 3/8" Nut (8). Note: It may be necessary to move the Frame back and forth to align the Storage Latch with the bracket.

Lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 20).



16. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see pages 22 and 23).

# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

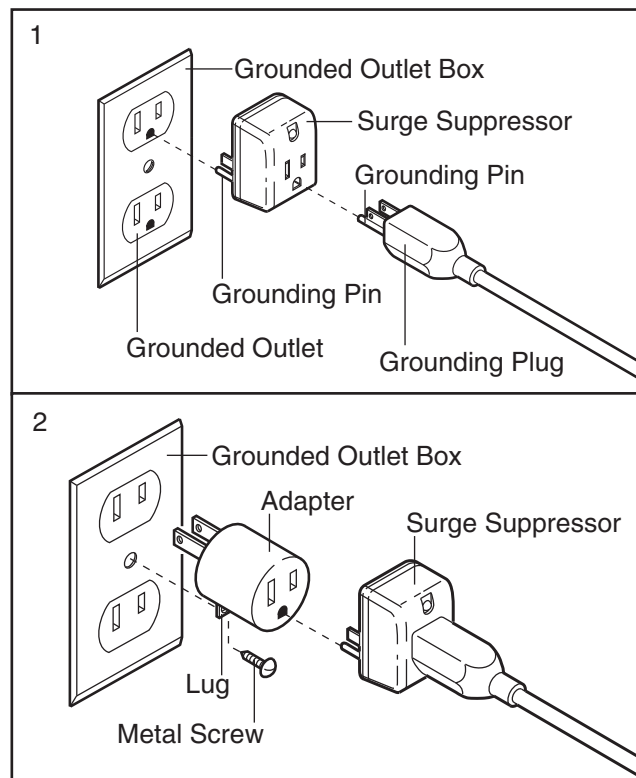
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of elec-

tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

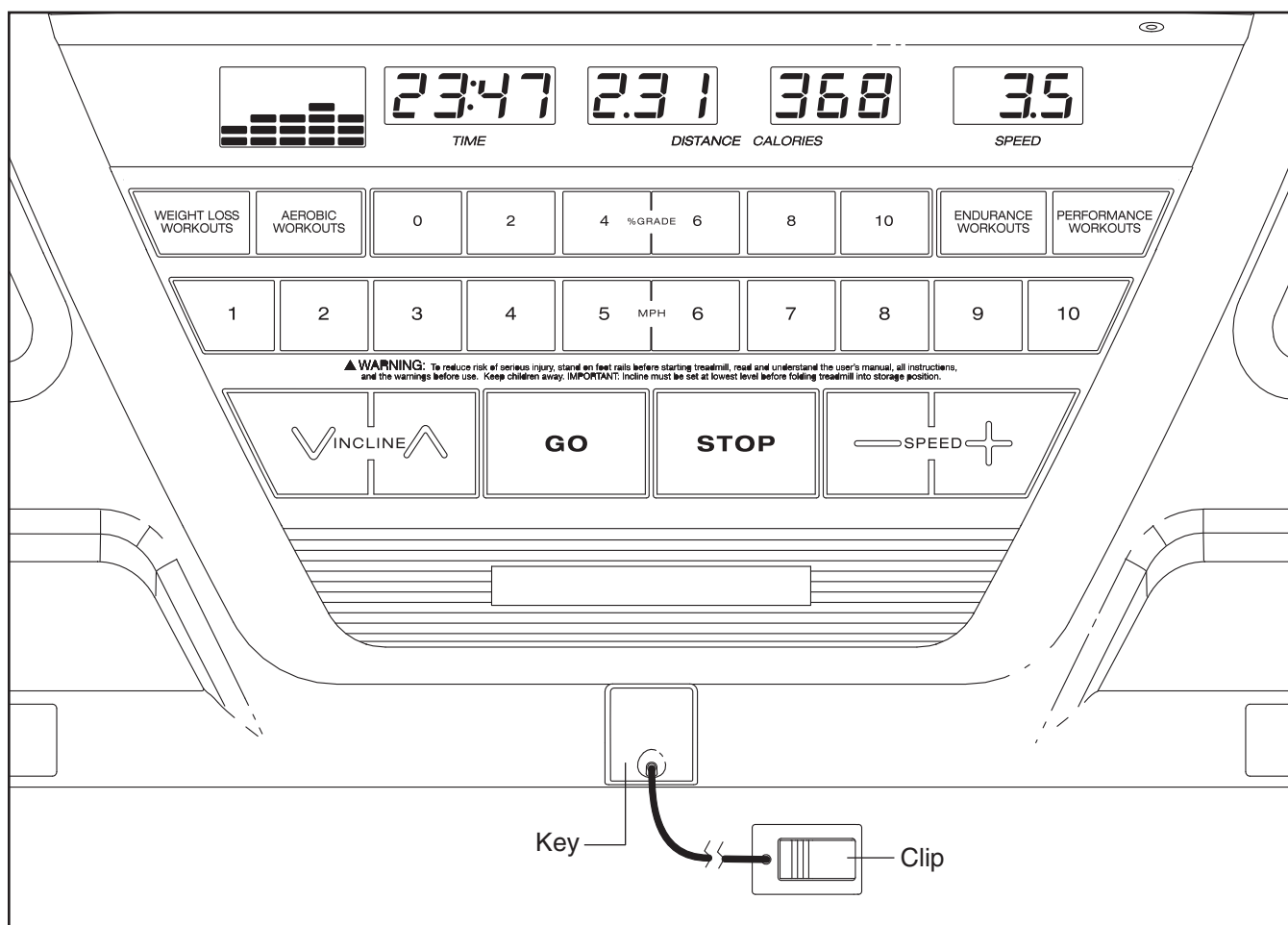
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

## CONSOLE DIAGRAM



### FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable.

When the manual mode of the console is selected, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

In addition, the console offers sixteen preset workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session.

You can even listen to your favorite workout music or audio books with the console's premium stereo sound system while you get in shape.

**To turn on the power**, follow the steps on page 15. **To use the manual mode of the console**, see page 15. **To use a preset workout**, see page 17. **To use the information mode**, see page 18. **To use the stereo sound system**, see page 18.

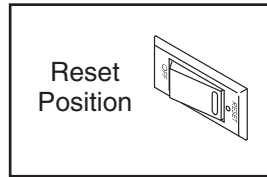
**IMPORTANT:** If there is a sheet of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 23).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 18. For simplicity, all instructions in this section refer to miles.

## HOW TO TURN ON THE POWER

**IMPORTANT:** If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 13). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



**IMPORTANT:** The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the reset/off circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 18 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 14) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:** In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

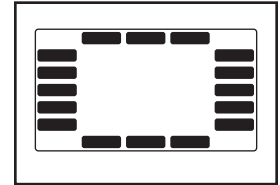
## HOW TO USE THE MANUAL MODE

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left.

### 2. Select the manual mode.

When the key is inserted, the manual mode will be selected and a track will appear in the matrix. If a preset workout has been selected, remove the key and then reinsert it.



### 3. Start the walking belt.

To start the walking belt, press the Go button, the speed increase button, or one of the speed buttons numbered 1 through 10.

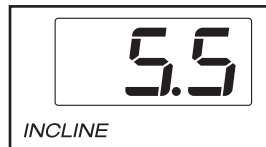
If you press the Go button or the speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

If you press one of the numbered speed buttons, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Go button, the Speed increase button, or one of the speed buttons numbered 1 through 10.

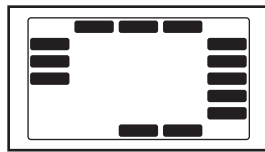
#### 4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered incline buttons. Each time you press the incline increase or decrease button, the incline will change by 0.5%. If you press one of the numbered incline buttons, the treadmill will adjust to the selected incline setting. Note: After you press the buttons, it may take a moment for the treadmill to reach the selected incline setting.



#### 5. Monitor your progress with the matrix and the displays.

**The matrix**—When the manual mode is selected, the matrix will display a 1/4-mile track. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



**Time display**—When the manual mode is selected, this display will show the elapsed time. When a workout is selected, the display will show the time remaining in the workout rather than the elapsed time.



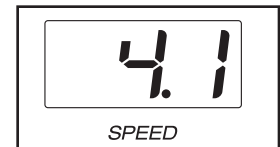
**Distance/Incline display**—This display shows the distance that you have walked or run. Note: Each time the incline changes, the display will show the incline setting for several seconds.



**Calories/Pulse display**—This display shows the approximate number of calories you have burned. The display will also show your heart rate when you use the handgrip pulse sensor.



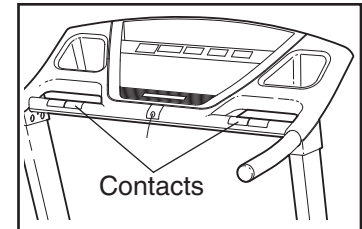
**Speed display**—This display shows the speed of the walking belt.



To reset the displays, press the Stop button, remove the key, and then reinsert the key.

#### 6. Measure your heart rate if desired.

Before using the handgrip pulse sensor, first remove the sheets of clear plastic from the metal contacts on the pulse bar. In addition, make sure that your hands are clean.



To use the handgrip pulse sensor, **stand on the foot rails** and hold the pulse bar with your palms on the metal contacts. **Avoid moving your hands.** When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

#### 7. When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting or you may damage the treadmill when you fold it to the storage position.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

## HOW TO USE A PRESET WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2. Select a preset workout.

To select a preset workout, press the Weight Loss Workouts, Aerobic Workouts, Endurance Workouts, or Performance Workouts button repeatedly.

When a preset workout is selected, the workout time will appear in the Time display, the minimum speed setting of the workout will appear in the Distance/Incline display, the maximum speed setting will appear in the Calories/Pulse display, and the name of the workout will appear in the Speed display. In addition, a profile of the speed settings of the workout will scroll across the matrix.



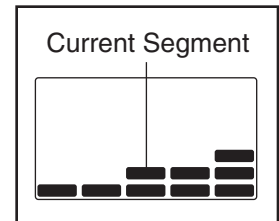
### 3. Press the Go button to start the workout.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

Each workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each

segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed or incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you.



The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Go button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

### 4. Monitor your progress with the matrix and the displays.

See step 5 on page 16.

### 5. Measure your heart rate if desired.

See step 6 on page 16.

### 6. When you are finished exercising, remove the key from the console.

See step 7 on page 16.

## THE INFORMATION MODE

The console features an information mode that keeps track of the total number of hours that the treadmill has been used and the total distance that the walking belt has moved. The information mode also allows you to switch the console from miles to kilometers. In addition, the information mode allows you to turn on and turn off the display demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console and then release the Stop button. When the information mode is selected, the following information will be shown:

The Time display will show the total number of hours the treadmill has been used.



The Distance/Incline display will show the total number of miles (or kilometers) that the walking belt has moved.



An "E" for English miles or an "M" for metric kilometers will appear in the Calories/Pulse display. Press the speed increase button to change the unit of measurement if desired.



The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a "d" will appear in the Speed display while the information mode is selected. To turn on or turn off the demo mode, press the speed decrease button.



To exit the information mode, remove the key from the console.

## HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console through the audio jack.

To use the audio jack, locate the audio wire and plug it into the audio jack near the speakers. Then, plug the audio wire into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player.

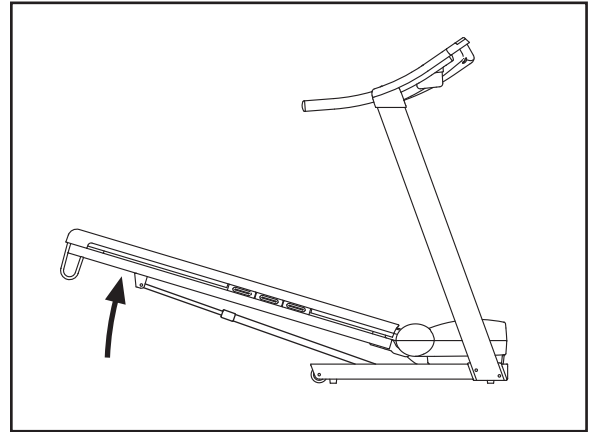
If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

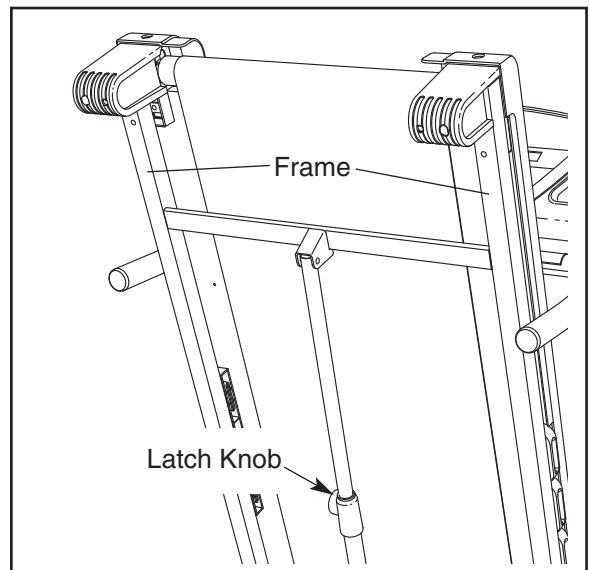
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame. Raise the frame about halfway to the vertical position.



2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

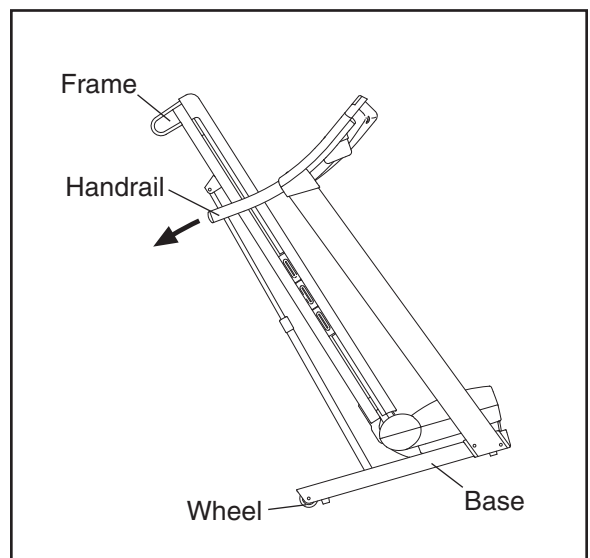
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



## HOW TO MOVE THE TREADMILL

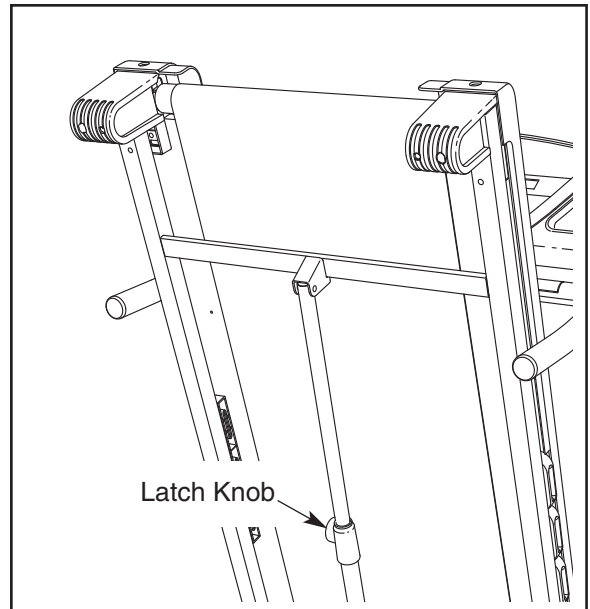
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold a handrail and the frame and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.

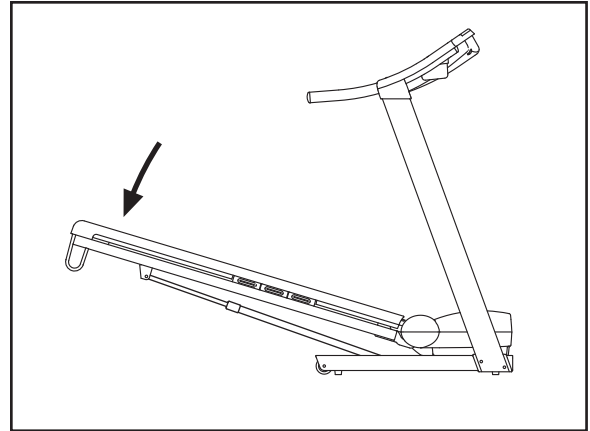


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.



2. Hold the metal frame firmly with both hands and lower it to the floor. **CAUTION: Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.**



# TROUBLESHOOTING

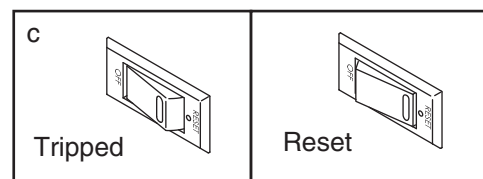
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

**PROBLEM: The power does not turn on**

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 13). Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



**PROBLEM: The power turns off during use**

**SOLUTION:** a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

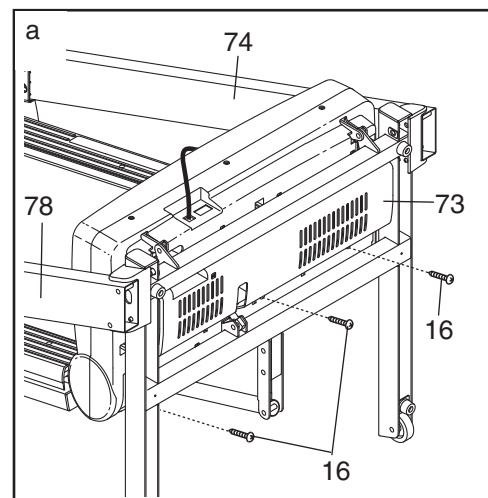
d. If the treadmill still will not run, please see the front cover of this manual.

**PROBLEM: The console displays remain lit when you remove the key from the console**

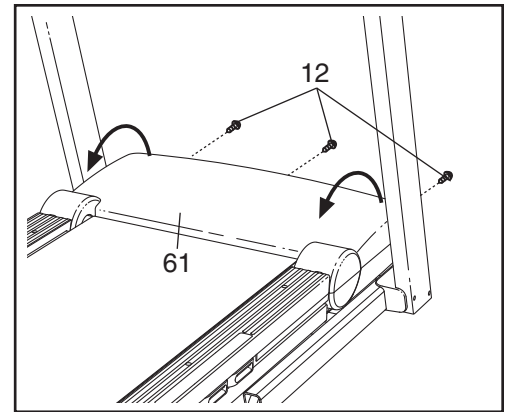
**SOLUTION:** a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 18 to turn off the demo mode.

**PROBLEM: The displays of the console do not function properly**

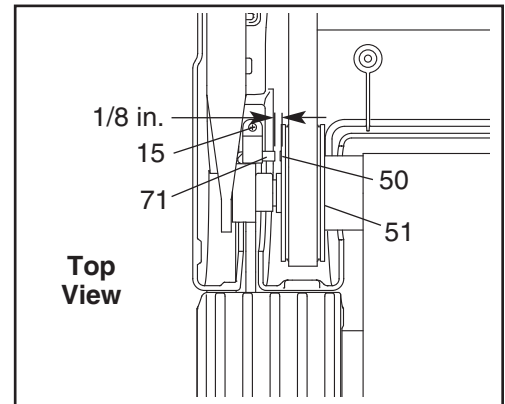
**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. With the help of a second person, carefully tip the Uprights (74, 78) down. There may be three #8 x 2" Screws (16) in the bottom of the Belly Pan (73). If there are, remove them. Note: A Phillips screwdriver with a shaft at least 5 in. (13 cm) long is required. Then, raise the Uprights.



- b. Remove the three 3/4" Screws (12) and carefully pivot the Hood (61) off.



Locate the Reed Switch (71) and the Magnet (50) on the left side of the Pulley (51). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the 3/4" Reed Switch Screw (15), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown) with the #8 x 2" Screws (not shown) and the 3/4" Screws (not shown). Run the treadmill for a few minutes to check for a correct speed reading.



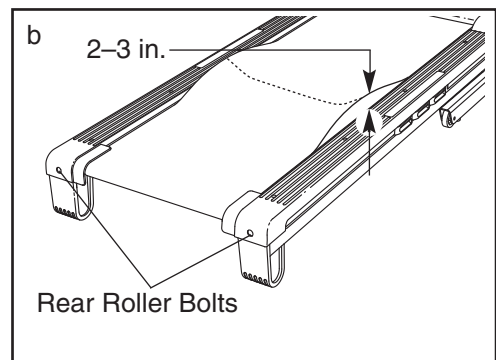
**PROBLEM: The incline of the treadmill does not change correctly**

**SOLUTION:** a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 13.

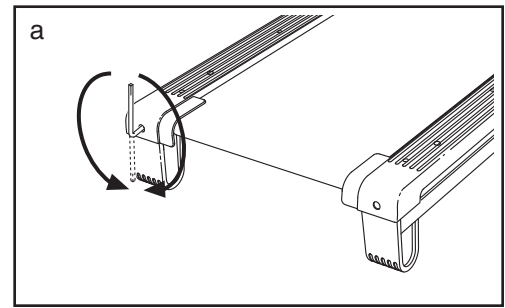
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



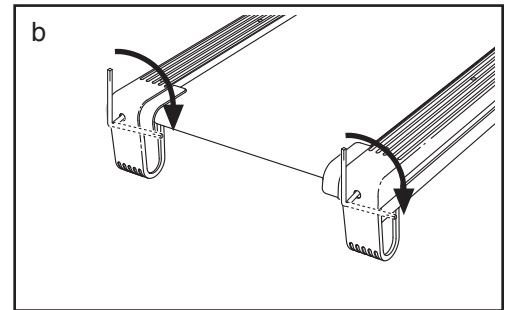
- c. If the walking belt still slows when walked on, see the front cover of this manual.

**PROBLEM: The walking belt is off-center or slips when walked on**

**SOLUTION:** a. **If the walking belt is off-center**, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



# EXERCISE GUIDELINES

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	❤
145	138	130	125	118	110	103	❤
125	120	115	110	105	95	90	❤
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

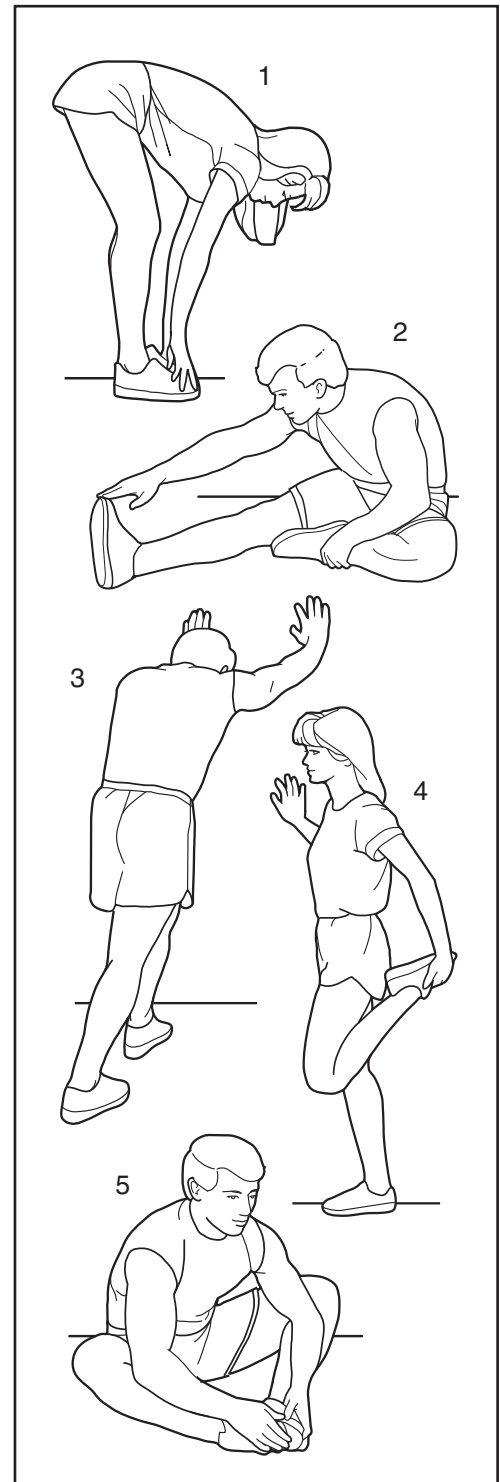
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# PART LIST—Model No. PFTL56507.0

R0308A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	8	1/2" Screw	51	1	Front Roller/Pulley
2	4	1" Tek Screw	52	2	15 1/2" Wire Tie
3	1	Hex Key	53	1	Storage Latch
4	6	3/8" x 2" Bolt	54	1	Latch Knob
5	2	1/4" x 3/4" Bolt	55	1	Right Foot Rail
6	4	3/8" x 4" Bolt	56	1	Frame
7	6	5/16" x 1" Bolt	57	2	Rear Roller Bracket
8	6	3/8" Nut	58	1	Rear Roller
9	4	3/8" Star Washer	59	1	Left Rear Foot
10	6	5/16" Star Washer	60	1	Right Rear Foot
11	5	3/4" Tek Screw	61	1	Hood
12	17	3/4" Screw	62	1	Drive Belt
13	2	Base Pad Spacer	63	1	Motor Bracket
14	2	1/4" Star Washer	64	1	Motor
15	5	3/4" Reed Switch Screw	65	1	Lift Frame
16	3	#8 x 2" Screw	66	3	Wire Tie
17	2	5/16" x 1 1/2" Bolt	67	1	Rear Roller Ground Wire
18	2	5/16" x 3 5/8" Bolt	68	1	Power Cord
19	2	3/8" x 1 1/4" Bolt	69	1	Power Cord Grommet
20	2	Rear Roller Bolt	70	1	Controller
21	1	3/8" x 1 3/4" Motor Bolt	71	1	Reed Switch
22	1	3/8" x 1 1/2" Bolt	72	1	Reed Switch Clip
23	2	3/8" x 3/4" Bolt	73	1	Belly Pan
24	7	1/2" Ground Screw	74	1	Left Upright
25	8	1 1/4" Foot Rail Screw	75	1	Incline Motor
26	2	1/4" x 3/8" Bolt	76	1	Left Upright Spacer
27	2	3/8" x 1" Bolt	77	2	Base Endcap
28	1	3/8" x 4" Motor Bolt	78	1	Right Upright
29	4	Belt Guide Screw	79	1	Right Upright Spacer
30	2	1/4" Washer	80	4	Bolt Spacer
31	2	1/4" Lock Washer	81	4	Base Pad
32	1	3/8" Star Washer	82	2	Caution Decal
33	6	#3 x 1/4" Screw	83	1	Base
34	5	3/8" Jam Nut	84	2	Wheel
35	2	3/8" Flange Nut	85	2	Releasable Tie
36	4	5/16" Flange Nut	86	5	8" Tie
37	3	Hood Clip	87	1	#8 x 1/2" Ground Screw
38	1	Upright Wire	88	1	Left Handrail
39	1	Crossbar	89	1	Console
40	2	Foot Rail Decal	90	1	Right Handrail
41	1	Left Foot Rail	91	1	Console Back
42	1	Warning Decal	92	1	Left Tray
43	2	Platform Cushion	93	1	Right Tray
44	1	Walking Platform	94	3	Wire Tie
45	1	Walking Belt	95	1	Audio Wire
46	2	Belt Guide	96	1	Left Handrail Spacer
47	2	Frame Endcap	97	1	Right Handrail Spacer
48	2	Frame Spacer	98	2	#8 x 1 1/2" Screw
49	3	Front Roller Spacer	99	2	#10 Star Washer
50	1	Magnet	100	1	Key/Clip

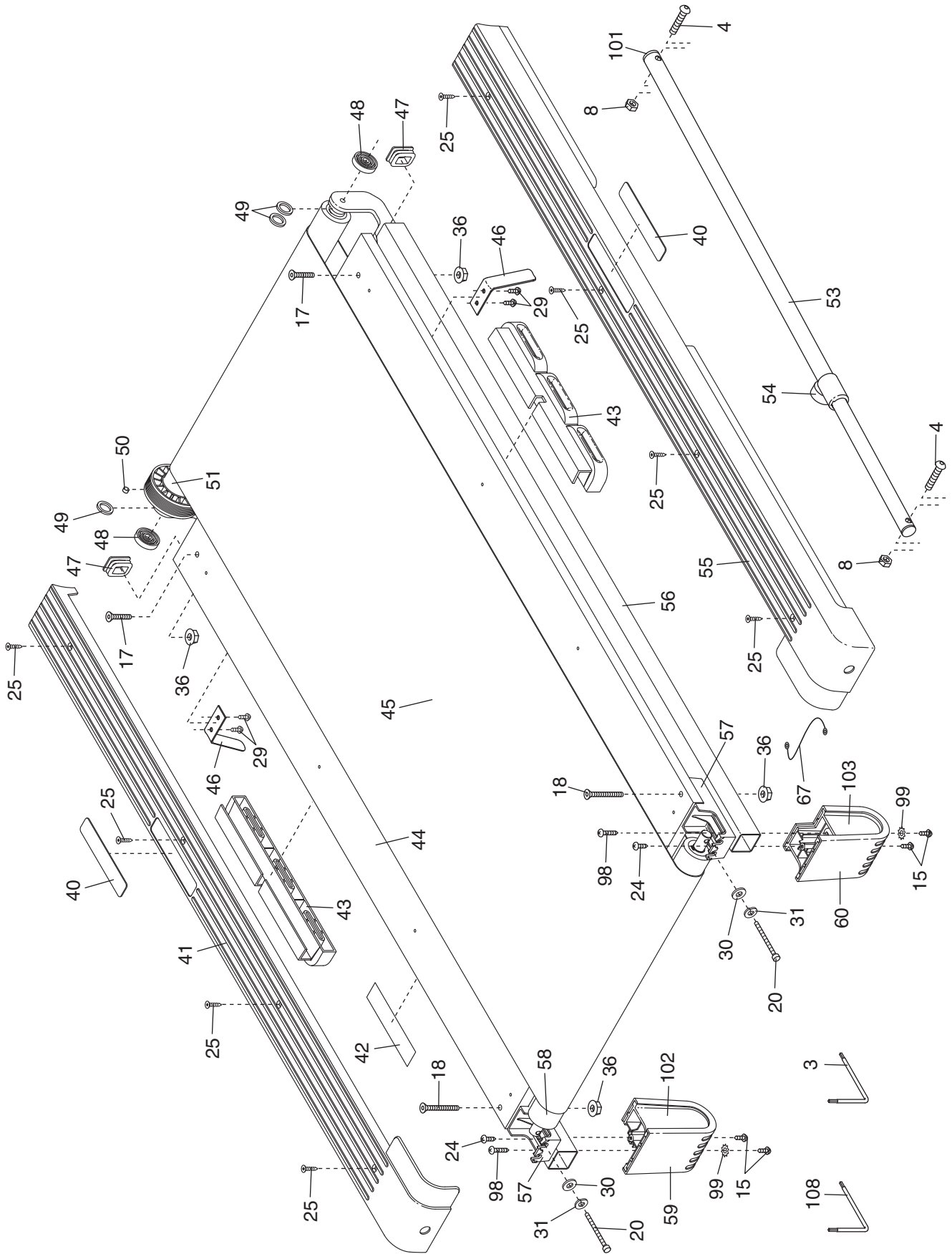
Key No.	Qty.	Description
101	1	Latch Endcap
102	1	Left Rear Foot Insert
103	1	Right Rear Foot Insert
104	1	Lift Motor Spacer
105	1	Filter Wire
106	1	Reset/Off Circuit Breaker
107	1	Lift Frame Ground Wire
108	1	5/32" Hex Key
109	1	Latch Bracket
110	4	Handrail Endcap
111	1	Controller Ground Wire

Key No.	Qty.	Description
112	6	Console Clamp
113	4	Console Pulse Plate
114	1	Key Plate
*	—	10" Blue Wire, M/F
*	—	12" Blue Wire, 2F
*	—	10" Red Wire, M/F
*	—	10" Black Wire, M/F
*	—	User's Manual

\*These parts are not illustrated.  
Specifications are subject to change without notice.

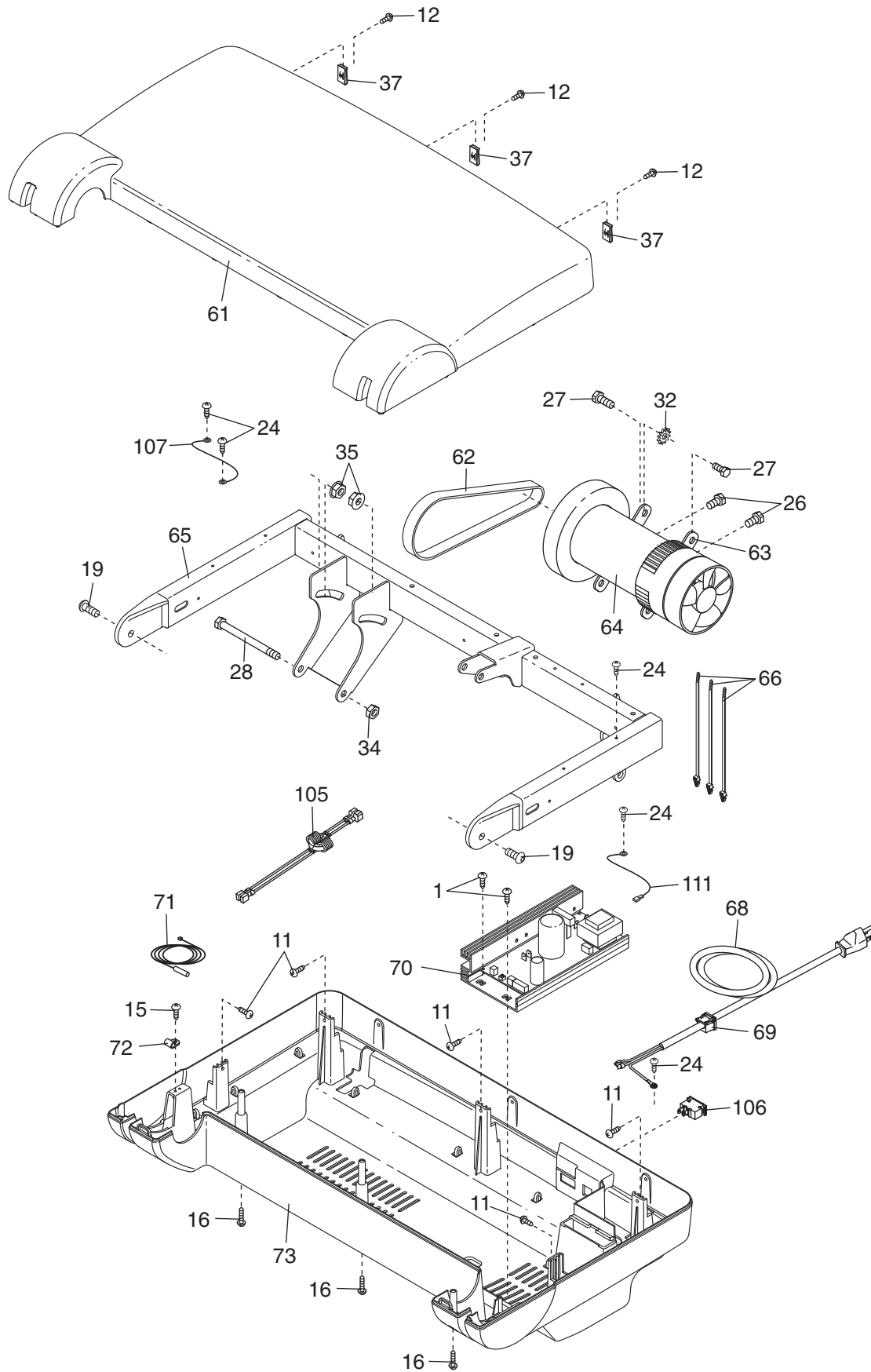
# EXPLODED DRAWING A—Model No. PFTL56507.0

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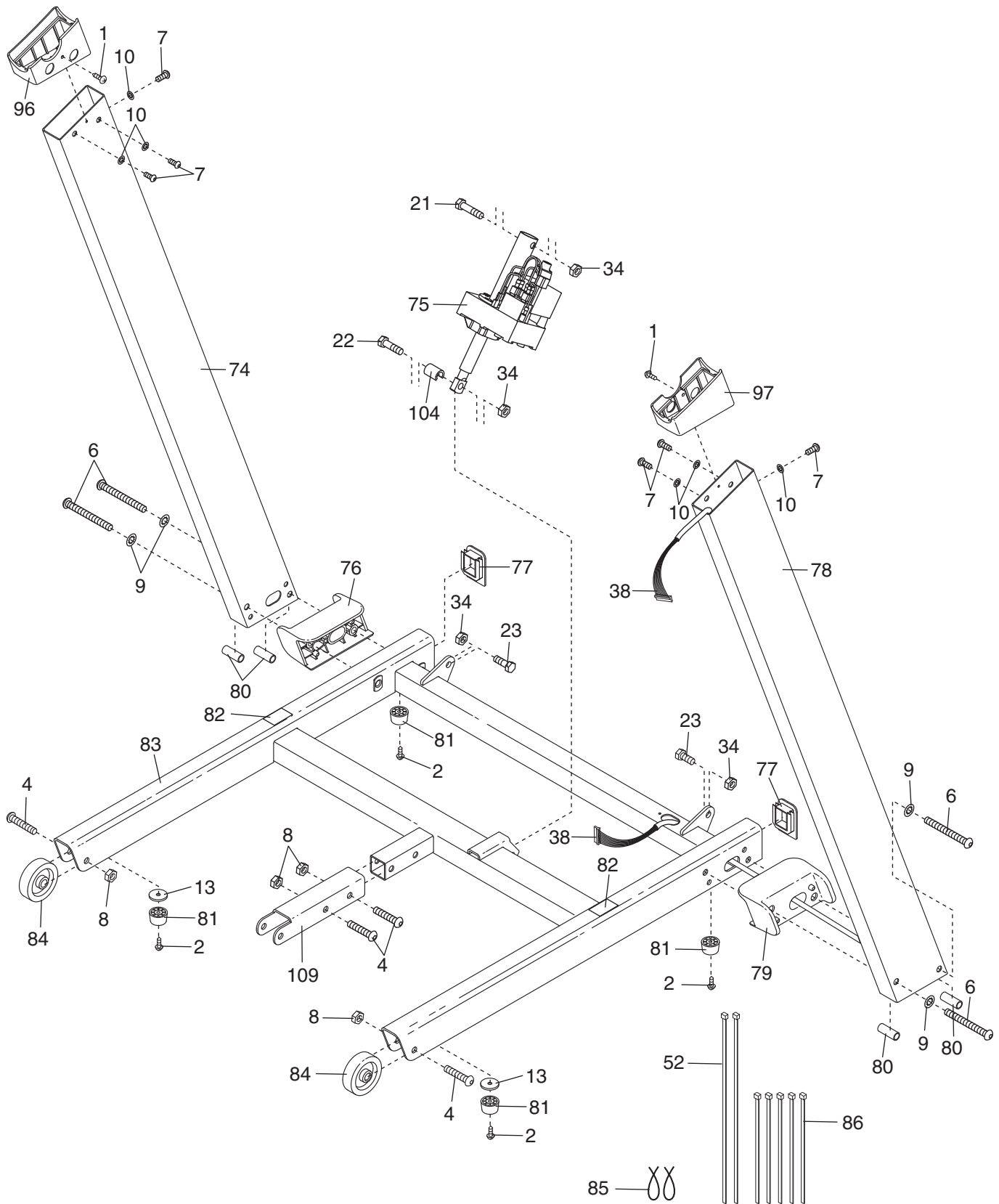
# EXPLODED DRAWING B—Model No. PFTL56507.0

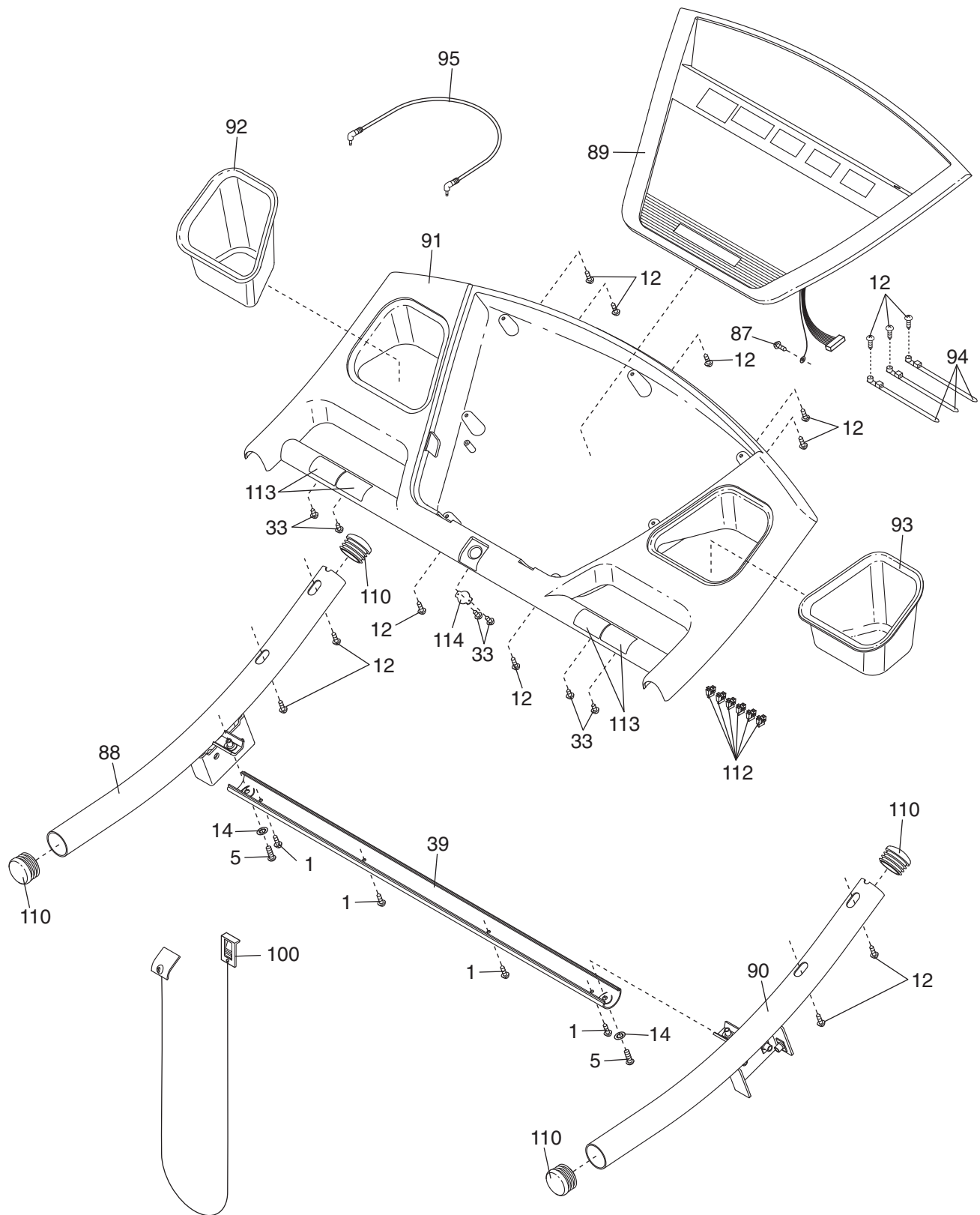
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# EXPLODED DRAWING C—Model No. PFTL56507.0

R0308A





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## ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

### LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. The drive motor is warranted for twenty-five (25) years after the date of purchase. Parts and labor are warranted for one (1) year after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes; or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**